

# State of North Carolina



MICHAEL F. EASLEY  
GOVERNOR

## FAMILY DAY

2008

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

### A PROCLAMATION

WHEREAS, the use of illegal and prescription drugs and the abuse of alcohol and nicotine constitute the greatest threats to the well-being of America's children; and

WHEREAS, 13 years of surveys conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner with their families the less likely they are to smoke, drink and use illegal drugs; and

WHEREAS, frequent family dining is associated with lower rates of teen smoking, drinking, illegal drug use and prescription drug abuse; and

WHEREAS, the correlation between frequent family dinners and reduced risk for teen substance abuse is well documented; and

WHEREAS, parents who are engaged in their children's lives, through such activities as frequent family dinners, are less likely to have children who abuse substances; and

WHEREAS, family dinners have long constituted a substantial pillar of family life in America;

NOW, THEREFORE, I, MICHAEL F. EASLEY, Governor of the State of North Carolina, do hereby proclaim the September 22, 2008, as "**FAMILY DAY - A DAY TO EAT DINNER WITH YOUR CHILDREN**" and urge all citizens to recognize and participate in its observance.



*Michael F. Easley*  
MICHAEL F. EASLEY

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this first day of September in the year of our Lord two thousand and eight, and of the Independence of the United States of America the two hundred and thirty-third.